

**September 13, 2005**  
**Interim Safety and Health Precautions**  
**For people entering previously flooded areas**

- **General personal protective equipment** - Wear steel-toed boots, heavy-duty work gloves, and goggles/safety glasses with side shields. If there's danger of falling debris, wear an ANSI-approved hard hat. Wear a long sleeve shirt, long pants, or coveralls. Use hearing protection such as ear plugs or landscaper's ear muffs, if you are in an area where you must shout to be heard. Apply mosquito repellent.
- **Respirator** - Wear an N95 respirator (charcoal-impregnated advised to minimize unpleasant odors) over your nose and mouth if there is potential for splashes, airborne dusts, or mold. Mold is probably present in buildings that were flooded.
- **Decontamination of equipment and clothing** – Wash gear with warm soapy water. Clothing can be washed normally in a household washer.
- **Personal Hygiene** - Wash your hands and body with soap and warm drinkable water. Don't scrub too hard. Your skin should not be red just from washing.
- **Pay special attention to not putting your hands in your mouth or on objects that could go in to your mouth** such as cigarettes or water bottles. Clean cuts and abrasions thoroughly with soap and water and apply antibiotic ointment.
- **Prevent heat stress** - Drink lots of water or a mix of ½ sports drink & ½ water. Avoid soda, alcohol, and coffee and tea. If possible, do the heaviest work early in the morning 6:00 AM -11:00 AM and later in the afternoon 3:00 PM – 7:30 PM. Take frequent rest breaks. Eat light meals. Avoid direct sun. Wear a hat, sunscreen and loose fitting clothes.
- **It is recommended that you notify your supervisor if you have any health or medical conditions, such as high blood pressure, heart condition, or allergies.**

**Note:** Additional recommendations on safety precautions for workers in areas affected by Hurricane Katrina can be found on the CDC website <http://www.bt.cdc.gov/disasters/hurricanes/workers.asp>